

# medium II

ACADEMY OF ARTS  
3rd Floor  
75

Volume II Issue 10  
November 28, 1984.  
Photograph by Lawrence Barichello

*All  
the  
world's  
a stage...*

*See story on page 4*

*...even here at Erindale!*

*See story on page 5*



# medium II perspective

Editorial Board

medium II is published weekly by Medium II Publications. The opinions expressed herein are those of the editors of the paper and are not necessarily those of Medium II Publications. Formal complaints regarding the editorial or business practices of medium II should be addressed to: The Editor-in-Chief, c/o medium II, 3359 Mississauga Road North, Mississauga, Ontario, L5L 1C6.



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## Dialogue: drinking

### Dialogue on Drinking.

You've seen this phrase in newspapers, and heard it on the radio. You're going to see and hear more of it. The federal government is spending more than \$1 million this year in advertising to get its message to students.

The message is about the over-drinking done by university and college students. Drinking is a subject that must be addressed.

In October of this year, an 18-year old man died following a rowdy university party. Foul play was suspected, and according to police, alcohol played a large part in the man's death.

At the University of British Columbia the housing office has developed some strict rules concerning residences and drinking. At Memorial University (St. John's Newfoundland), the administration has made efforts to restrict the flow of alcohol on campus.

At Sir Wilfrid Laurier University, the University of Waterloo and McMaster University some students have joined forces with BACCHUS, a group formed to Boost Alcohol Consciousness Concerning the Health of University Students. It is an idea whose time has come.

Responsible drinking should be promoted, with the hopes that it might result in a decrease in alcohol-related accidents and student problems. It might even improve the quality of student life. Contrary to the way some people drink, alcohol is not going out of style. The effects must be combatted.

## medium II letters

medium II has an open letters policy. Submissions should be directed to the Editor of medium II. Any letter that is not racist or libellous will be printed. Longer submissions may be edited. Un-

signed letters will not be published. Names will be withheld upon request. Deadline for letters for the following week's paper is Friday at noon.

### Inaccuracies?

In reference to ECSU's letter (The ECSU Response) to the editor of oct. 31, I too have become concerned with the inaccurate reporting of the newspaper. I am readily in agreement with all the ECSU Directors, whom if I may quote, wrote: "A newspaper is an excellent way to disseminate information to those who desire it. Unfortunately articles are sometimes written which are either inaccurate, or convey a tone which does not necessarily exist." My concern rises from the fact that medium II misquoted ECSU in the Oct. 31 article (Blood Donor Clinic) as sponsoring the Blood Donor Clinic through a promotional campaign, co-ordination of volunteers, and by offering incentives. My concern about this article rises from the fact that medium II failed to recognize that the co-ordination of the volunteers for the Blood Donor Clinic came entirely from the Volunteers In Service Club (VIS-A-VIS). Moreover, 99% of the student volunteers came from members of VIS-A-VIS. Perhaps, medium II is not solely to be blamed for this misquotation. In fact, what is this I see—low and behold the article was written by OH NO.....an ECSU Director? Has ECSU tried to receive credit for something they did not otherwise do? Gee, I wish ECSU would practice what they preach.

Mary Pan  
VIS-A-VIS Promotional Director

Dear Ms. Pan:

Thank you for pointing out the inaccuracy. medium II was presented with the article and had no reason to doubt its validity.

In the future, however, you may be sure that medium II will continue to doublecheck its sources.

The Editor-in-Chief

### Foul disagreement

RE: Mr. Thompson's letter of 21/11/84

Out of the west there appeared a great DUCK who swept down on DUCKVILLE with a great flapping of wings and he drove the rude and boorish no mind back to Binbrook where he belonged. And the DUCKIES cheered, and the people drank, and the DONALD DUCKIES were proud and, generally speaking a DUCKY time was had by all. DUCK POWER FOREVER!

So go throw yourself in the pond.

R. Muirhead  
Public Relations Officer  
The GANG

## classifieds

Classified: \$2 for the first 25 words, and 20¢ for each word over 25.

All classifieds must be accompanied by cash in advance.

Added Bonus: Pay a dollar more, and have your classified advertisement broadcast on CFRE! Dates and times to be announced.

### Accommodations

#### Country Living in Mississauga

3 bedroom bungalow on large lot, tasteful interior—cosy home, garage, close to public transport.

Asking \$67,000, \$6,000 down—easy financing terms.

Call Mathias 534-1124, 537-8008, Cimerman Real Estate Ltd.

## notices

Deadline: Thursday at 5:00 p.m. for the following Wednesday's edition of the medium II.

### medium II By-Elections

Notice of Dec. 12, 1984

The following positions on the Editorial Board are vacant: Entertainment Editor, Features Editor, News Editor and Sports Editor.

If you are interested in any of the above positions, please come into The Press Box, drop a note in the medium II box in the ECSU office, or call 828-5260 for more information. Nominations opened November 21, 1984 and close December 5, 1984.

### Holiday Greetings!

For just \$2, you can send Christmas or Hannukah greetings to your friends, family and loved ones!

Drop your message of 30 words or less into The Press Box or campus mail.

It's a great way to surprise and amuse your friends! Happy Holidays!

How shall we feel as time grows dear, and whom shall the dawn wake for in the empty beach? Hint: the CFRE Playlist in this issue.

Answer the question in full, and bring it to medium II between 10 a.m. and 4 p.m. Wednesday November 28, 1984, and you could win one of three pairs of tickets to see Terraced Garden at Larry's Hideaway this Saturday!

Just think, a night out! Bring your answer in soon! Draw to be made Wednesday November 28, 1984 at 4 p.m. Winners will be notified by phone and announced in the December 5, 1984 issue.

A pleasant young woman with a mental handicap is seeking a responsible female to share an apartment or townhouse and provide a supportive environment. Good remuneration. References required. For further information, please contact Gayle Covey, Mississauga Association for the Mentally Handicapped, 2444 Hurontario St., 4th floor, Mississauga, Ontario, L5B 2V1. 275-4705

Another year of photography is well under way at the Hart House Camera Club with a series of lunch time guest speakers, printing and film developing classes all climaxing with the Annual Exhibition of Photographs.

The Camera Club is a club for all U. of T. photographers including staff, students and alumni.

The Camera Club involves close to three hundred people each year and the annual exhibition is judged by Canada's top photographers. In the past, John De Visser, Bruce Littelljohn, Ken Bell and Yusuf Karsh to name a few, have been guests.

The deadline for entries in the 63rd Annual Exhibition of Photographs is Friday, March 8th at 12:00 p.m. Judges will be announced closer to that date.

### LaCard

For the month of November, ECSU is selling LaCard Student Discount Cards. Every starving student should have one of these money-savers on his or her person at all times. Why? Here are the facts:

- it saves you 5% to 50% (or more!) every time you use it at over 550 locations around Toronto.

- \$1 off every movie you see at an Odeon theatre; 25% off every Via rail trip you go on; \$2 off admission to Yuk Yuk's...etc.

- the card offers discounts at concerts, plays, sports (U of T Blues, Mosport, basketball), records, books, activities (hang gliding, golf, windsurfing, roller-skating, rafting) and services (cleaners, typewriters, haircuts).

- the card is valid until June 30th, 1985.

- you get a fantastic book with an additional \$34 worth of coupons entitling you to free gifts: like 2 tickets to see the Toronto Marlboros, a free 5X7 enlargement, or a free discovery dive at Sub-mariners worth \$10.

- if you don't want the free gifts, you can cash in these coupons and make 31 easy bucks!

Amazing as it seems, this card costs you only \$8! It is available at booths at the North Cafeteria and the Meeting Place on Mondays, Tuesdays and Thursdays of each week in November.

Cards are also available at the SAC/ ECSU Info Desk in the South Building. Don't delay, get your card today!

### The Erindale Progressive Conservative Association

The Erindale Progressive Conservative Campus Association will be holding their delegate selection meeting on Thursday Nov. 29th at 2:00 p.m. in Rm. 3129. All members who purchased memberships before the writ was dropped on Oct. 8th are eligible to vote and run for a delegateship. See you there.

The Erindale P.C. Club will be holding its Great Christmas Party, on Friday Nov. 30th at 8:00 p.m. in Colman Place. Cash bar—Door Prize—Buffet. Everyone welcome! What a deal for \$2 if you're a member, and \$4 if you're not.

### Political Economy Club

proudly presents:

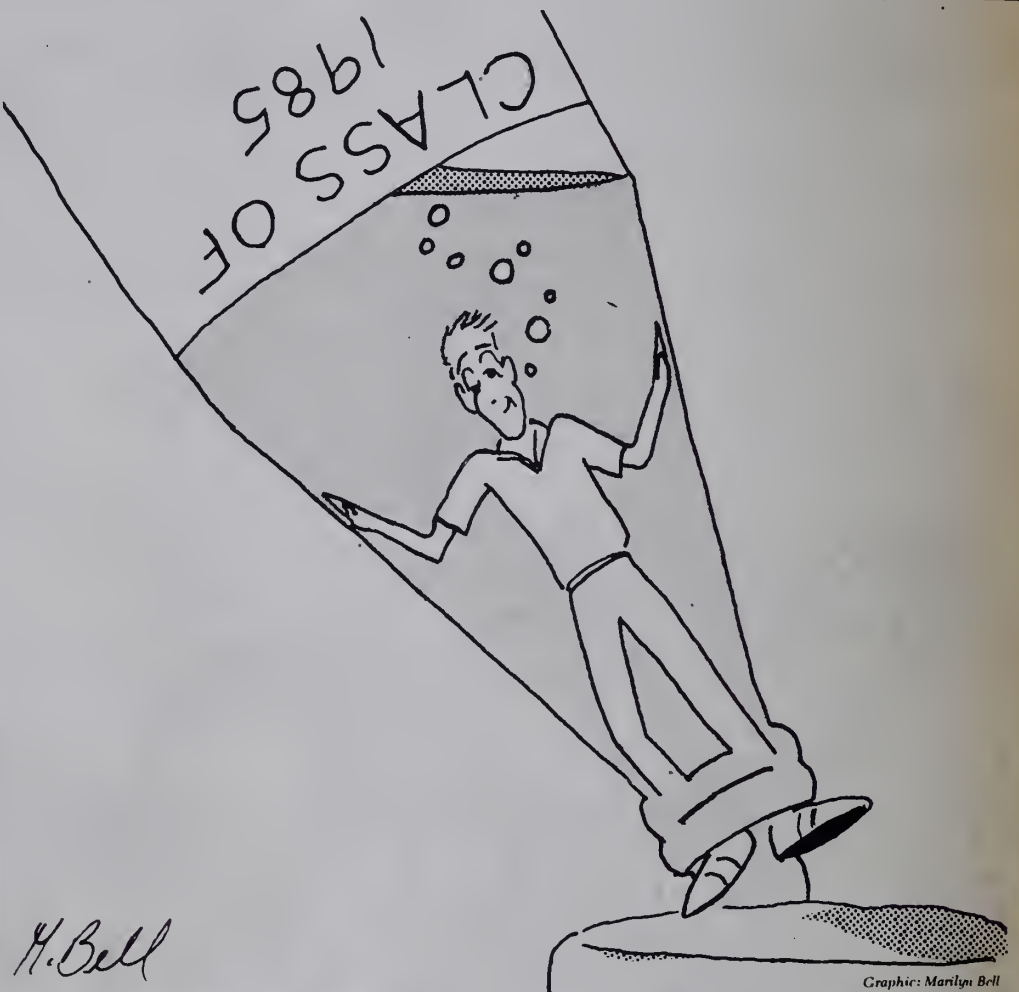
#### Re-Live New Year's Party

Sat. Jan. 12, 1985 at Clarkson Community Center (2475 Truscott Dr.) 7:00 p.m.-1:00 a.m. Buffet, door prizes, surprises! \$2 members, \$3 non-members. Featuring party van for those without transportation: leaves Erindale starting at 6:30 every 30 minutes from South Building until 10:00 p.m.—van also provides ride back to Erindale. Info. and tickets at Meeting Place or P.E.C.S.U. office rm. 59 Crds. Bldg.

The Erindale Science Fiction Club is in the process of creating ERIN, a science fiction (s.f.) and fantasy publication that will feature University of Toronto's best art and short stories. The s.f. club is urging every U of T writer and artist to submit at least one piece. The magazine will be 48 pages long. 1000 copies will be distributed among the three campuses early in spring. Businesses that wish to advertise in the magazine should contact Darryl Atchison at 677-8582 or Joe Tomczak at 622-1495. Any person wishing to submit material should send it to:

3359 Mississauga Road  
Mississauga, Ontario  
L5L 1C6  
Room 110C, North Building  
c/o Joe Tomczak

cont'd on pg. 6



Graphic: Marilyn Bell



## news

## ECSU: what's happening generally?

By Russ Cruickshank

Did you vote last Wednesday, November 21st at the Erindale College Student Union (ECSU) Annual General Meeting? If you did you were one of only about 50 Erindale College students.

There seems to be a severe form of apathy here—but that's not the discussion.

What happened with the resolutions at this meeting?

## March on Dec. 5

MONTREAL(CUP)—Montreal's four universities, totaling about 100,000 full-time equivalent students among them, will join in a demonstration Dec. 5 against the thaw in university tuition fees.

The demonstration will mark the first time in at least a decade that the four schools' student associations have linked together in protest. Since 1972, bitter rivalries between l'Association national des etudiant(e)s du Quebec, Quebec's largest student association, and Rassemblement des associations des etudi-

The ECSU Directors' salaries were passed (President \$5250; VP-Finance and VP-Administration both \$3800). And, the twelve Directors who are presently on the Council were officially approved by those students who bothered to attend the short meeting.

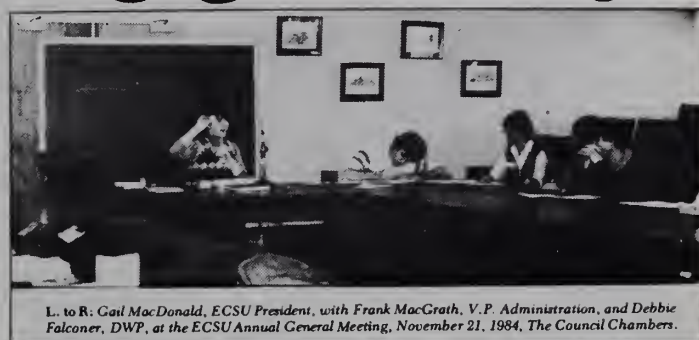
Reports were also made about such things as LaCard (sales are really slow; it's a pity because the \$6 card is an ex-

tremely good deal to save money in 550 Metro area locations), and the Video Yearbook (\$600 in corporate sponsorship is still required to make it free to students; see Scott White at ECSU for more information).

Gail MacDonald (this year's President for those of you who have not been bothered enough to find that out) pointed out that ECSU is there for the students. If you wish to help out in any way, you are more than welcome to drop by the offices in the Crossroads building. You are even invited to attend the ECSU Board meetings, as is every full-time undergraduate Erindale student.

cordia to McGill where a giant party will end the evening.

The demonstration follows what Concordia student council vice-president external Jeffrey Craig called a somewhat disappointing march on Quebec's national assembly Nov. 15, protesting a thaw in tuition fees. About 500 students attended the rally but Craig said the presence of other groups such as unions and unemployed youth weakened the march's force.



L. to R: Gail MacDonald, ECSU President, with Frank MacGrath, V.P. Administration, and Debbie Falconer, DWP, at the ECSU Annual General Meeting, November 21, 1984, The Council Chambers.

They take place every Monday morning at 7:30 a.m. And Gail especially made a note that they need help to choose the Student of the Week. If you know someone who is extremely involved and/or has

lots of Erindale spirit, drop into ECSU and nominate them. If they win, they could end up with free dinners or albums. And you never know—it could be you next!

## Which way did it go?

By Patricia Meehan

The article on the Erindale College Student Union (ECSU) General Meeting almost didn't make it into this issue of the *medium II*.

On Thursday the article was given to a friend of the reporter to place in the *medium II* mailbox in the ECSU offices,

in the Cross Roads Building. The article was left in the box but could not be found Friday morning.

No one at ECSU was able to place the missing copy.

*medium II* has never encountered this problem before. No other clubs have complained of problems with their mail.

## Correction

"Ian Casey would like to correct any possible misunderstandings resulting from comments which appeared in Vol. II Issue 8. His comments were a reflection of his views only and was not expressing the views of his employer, Charterways Transportation.

Charterways was in fact not affected one way or the other by the Mississauga Transit Strike and no one there either gained or lost anything as a result of the transit strike."

*medium II* is interested in publishing a poem or short story each issue. Anyone wishing to submit work should deliver it to The Press Box.

*medium II* wishes to apologize for any inconvenience caused by references to actual persons in the literary supplement published last week. In the future, any submissions to *medium II*'s literary sections should not contain any references to real persons, living or dead.

## \$6500 award

Once again, the University of Toronto Alumni Association will award two Moss Scholarships, each to the value of \$6,500 in 1985.

The award is open to exceptional students who will be graduating in the spring of 1985, in the third or fourth year of the Arts and Science program.

All applicants will be considered by the Moss Scholarship Committee on the basis of demonstrated academic ability, participation in university activities, and character.

Application forms are available from the Scholarships and Financial Aid office, in room A3094 in the South Building, and from the University of Toronto Department of Alumni Affairs.

## THE BIG CHILL



It's big and cold, and it's coming this way—new Big Blue from Labatt's!

Nothing like it has ever hit Canada before.

A big new bottle with almost 50% more than your regular bottle; 500ml of great-tasting, ice-cold Blue, all for you!

It's a perfect size bottle for the good times, with a handy twist-off cap, too. Really big news when you're getting together with friends.

Another great new headline maker from Labatt's Blue—new Big Blue. Available in cases of 10 or 20; ask for it wherever you normally enjoy your beer.

BLUE IS NOW AVAILABLE IN A BIG 500 ML BOTTLE

**BIG BLUE**



# entertainment

## Home — Movie Hits the Theatre

By Eduarda Bermonte

*Give my Regards to Broad Street*, written by, and starring Paul McCartney, is a ridiculous musical-fantasy which simply appears to be a family get-together on screen. The plot, or what little there is of it, is a whimsical farce that sees an international rock singer search for his master tapes which have apparently been stolen by a close worker, who also happens to be an ex-convict. The rock singer, Paul, desperately searches for his tapes and the convict in order that his record label not be taken over by a sinister, corporate executive.

*Broad Street* is also a fantastical look into the life of a rock star whose day is planned to precision by a friendly, talking computer. Need to hear anymore?

One wonders how and why Paul McCartney could produce such garbage when he has incorporated tremendous amounts of acting and musical talent into this film production, including Australian actor Bryan Brown (*Thorn Birds*), Barbara Bach, Ringo Starr, Tracy Ullman, and Ralph Richardson, just to name a few.

McCartney, a former Beatle, also managed to assemble some of rock music's most distin-

guished people to play in *Broad Street*, and its fourteen-song score which includes classic Beatle hits such as *Yesterday*, *Good-day Sunshine*, and *Eleanor Rigby*.

These talented musicians include Britons Dave Edmunds (Rockpile), Chris Spedding, Led Zeppelin's John Paul Jones, Jeff Porcar and Steve Lukather (TOTO), 10'CC's Eric Stewart and Pink Floyd's Dave Gilmore just to give you the basic idea.

Aside from the musicians who practically make this film, the only other attraction is Paul McCartney, who still manages to make the heart flutter with his soft voice and enticing brown eyes.

Linda McCartney and Barbara Bach join their husbands (Paul McCartney and Ringo Starr respectively), in *Broad Street* and prove to be little more than scenery.

Linda McCartney tries to make one believe that she can do more than photograph, but fails miserably. She has no acting ability, and seems to luxuriate in wearing black and living out her fantasy on screen. This fantasy entails the heroine riding a majestic white stallion across the screen with her hair billowing in the wind and her face glowing brilliantly with an absurd radiance.

Barbara Bach, although disguised beneath a mop of curly hair and granny-glasses, cannot help but be beautiful. Her role is limited to sitting in on jam sessions as a rock journalist who falls, ironically enough, in love with the drummer of the band. If McCartney had wanted to film a friendly family get-together, he should have considered investing in a home movie camera rather

than wasting hundreds of thousands of dollars.

Ringo Starr proves to be the only bright spot in *Broad Street*. He occasionally wakes up the audience with such comical remarks as "I'm on drugs!" The ironic thing is that Ringo Starr was not acting—he was being Ringo Starr, much to the delight of the disillusioned, yet receptive audience.

Tracy Ullman, singer, comedienne, plays the girlfriend of the convict suspected of stealing the master tapes. She torments the audience with her insistent squeals and crying, speaking maybe a total of 10 lines.

The actors and actresses who all play themselves in name, are literally put to waste. Although McCartney wrote the film with good intentions, it fails miserably lacking the sincerity, warmth, and spirit of his previous movies which include classics such as *Help!* and *Let it Be*.

A futuristic arrangement of *Silly Love Songs* which has musicians looking like part-geisha, part-radical punk rocker, is a discouraging production in itself. But, when a breakdancer comes on stage and proceeds to "break" to the song, the line must be drawn. Sighs of "Oh my God!" and "not this too!" seemed to resound throughout the whole auditorium.

*Broad Street* can be seen as a rag-tag string of musical videos tied up together in the form of a movie. However, it fails to compete with Prince's critically appraised *Purple Rain*, and will most likely be placed in the same distinctive category as *Xanadu*.

On the production end of the film, great artists such as pro-

ducer Andros Epaminodas (*Clockwork Orange*), Music producer George Martin, and Production designer Tony Pratt (*Excalibur*) characterize the assembly of talent. Unfortunately, they were unable to produce footage that captured the essence of the talent in this production. It seems that all the necessary ingredients for a great film were readily available, but somehow the recipe fell apart, leaving an unappealing, unappetizing result.

*Give my Regards to Broad Street* opened Thursday, October 27 at the Uptown II. The attraction of the movie is of course the star-studded cast and the appealing list of musicians who back them up. But don't be deceived. This movie is the creation of a man who has about 500 million dollars at his disposal, an astonishing recording career, and a string of hits that any artist would envy; of course he can make a bad movie, because nobody really cares, and because he has absolutely nothing to prove to anybody.

The most enjoyable part of *Broad Street* is the cartoon that preceeds it, which ironically enough was also written by Paul McCartney. It should have been in itself the main attraction.

For the die-hard fans of Paul McCartney, "the cutest Beatle", who refuse to miss this film, *Give my Regards to Broad Street* is currently playing at the Uptown, check local listings for times. But do yourself a favour and wait until it comes to T.V.—five dollars is a lot to pay for a lot of nothing.



## CRAFT SHOW

Need some ideas for Christmas shopping? The *One of a Kind Christmas Show and Sale* is now on display at the Automotive Building in Exhibition Place, at the admission cost of \$3.50.

This show features 425

booths of unique Canadian crafts, as well as fashion and student art displays. The show runs until December 2nd and offers many ideas for crafty Christmas decorating and creative Christmas gifts.

## YUKON JACK ATTACK #3.

### The Bear Bite.



Squeeze the juice of a quartered lime over ice. Throw in 1½ ounces of Yukon Jack, top it up with cola and you'll have trapped the Bear Bite. Inspired in the wild, midst the damnably cold, this, the black sheep of Canadian liquors, is Yukon Jack.



Yukon Jack

The black sheep of Canadian liquors. Concocted with fine Canadian Whisky.

For more Yukon Jack recipes write: MORE YUKON JACK RECIPES, Box 2710, Postal Station "U," Toronto, Ontario M8Z 5P1.



# OM BUDS MAN

Confidential advice and assistance with problems unsolved through regular university channels is available to all students, faculty and administrative staff of the three U. of T. campuses.

Office of the University Ombudsman, 16 Hart House Circle, University of Toronto, Toronto, Ontario M5S 1A1. 978-4874

MEDIUM ONE



CFRE Playlist  
November 19-November 25

LW	TW	Album or 12
1	1	All the Rage
2	2	Tonight
3	3	Fuel For The
5	4	Story of a Yo
4	5	Braille
7	6	A Pagan Plac
14	7	Lament
11	8	Touch
6	9	The Las Veg
9	10	Shock of Day
13	11	Pseudo Echo
8	12	Emotional W
17	13	Sea to Shinin
15	14	"CCCCan't Yo
19	15	Born in the U
18	16	A Day in the
-	17	Stealing Fire
20	18	Direktive 17
16	19	Sacred Cowb
12	20	Bewitched

The CFRE Playlist was compiled by

"And as time grows de  
even closer; will hearts  
Tend the garden togeth  
Will evenings be as this  
Thoughts not wander t  
Will the dawn wake fo



# entertainment

## Fun and frolics at the Feast!



By Tim Kitagawa

I sit banging a small wood stick against the table in time to *Always Look on the Bright Side of Life*. The stick says, "Bang the One You Love," in red marker. There have been many references to banging this Saturday night...

King 'Enry's Feast was fun! Set in the year 1550, it was a night of poor jokes (as old as the era portrayed) and bawdy peasant music. "All my marriages were happy, it was living together afterwards..." The humour was almost always sexual.

Even before the show began, the tom-foolery was underway. Master Bates (John Abate), the owner of the pub, greeted his patrons at the door. He assigned his wenches to seat the customers. Assorted costumed characters imposed themselves upon the people. The jester (Rob Costigan), the fool (Zlatko "Slick" Lecic) and the executioner (Frank McGrath) moved about to entertain the crowd. For the jester, "it all began in a manger, just outside London," and for the fool, "in a small field with some sheep." The executioner declined to comment.

The fun increased with drink. Audience participation was a large part of the show. One lord and later one wench were subject to a kiss from the entire opposite sex in the pub.

The wenches and the lords performed various little ditties, mostly traditional. The piano (played by James Wilson) was competent and the singing entertaining. Even King 'Enry himself (Stu Taube) sang. Perhaps, though, his genre is



punk.

The food, served during the show, was of the expected quality; ribs, chicken fingers and fries. There were no uten-

sels provided. This didn't seem to bother anyone, but napkins would have been nice.

King 'Enry's Feast was a night of fun and merriment which was produced and directed by Frank McGrath and Jennifer Guest.

Photography by Lawrence Barichello

RADIO ERINDALE  
**FE**

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ber 25, 1984

Single

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Sea

"See"

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life of...

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Music Director Beverly Kyle.

shall we feel  
ill beat as one?

love stay true;  
others, just to you;

only us two?

—from "Empty Beach"  
by Terraced Garden

Artist

General Public  
David Bowie  
Naked Eyes  
A Flock of Seagulls  
Terraced Garden  
The Waterboys  
Ultravox  
The Eurythmics  
The Gun Club  
The Sound  
Pseudo Echo  
Silent Running  
Choir Invisible  
Vicious Pink  
Bruce Springsteen  
Captain Sensible  
Bruce Cockburn  
Direktive 17  
Sacred Cowboys  
Summers/Fripp

# 1/3 OFF

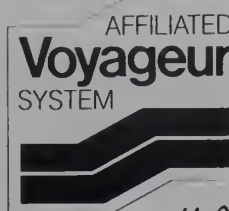
## REGULAR FARES

### WITH THE VOYAGEUR STUDENT DISCOUNT TICKET BOOKLET

If you'd like to visit your friends and relatives more often, here's how to do it and save money. Buy a booklet of 7 return-trip tickets to and from the same two points and you pay 1/3 less than you would if you'd bought regular return tickets. You're also protected against future price increases, so it saves you money that way, too.

Travel any day of the week, any day of the year (holidays included). The only restriction is that you use the tickets during the school year from September 1st to May 31st.

Get your Voyageur student discount booklet at any Voyageur bus terminal or agency or at a participating Affiliated Voyageur System member. (Be prepared to show your student i.d. card).



*We've got a good thing going*





# sports

## Exercise can produce positive effects for diet-conscious

Courtesy of Fitnews  
Ontario Ministry of Tourism  
and Recreation

He's always eating, but he manages to stay thin as a rake. She eats like a bird, yet just can't seem to lose any weight. It's a familiar scenario. And a puzzling one. But at last, research studies are beginning to shed some light on this seemingly cruel twist of fate, and are providing some hard facts about the role of exercise in the treatment of obesity.

For too long, efforts to control weight—and research into the causes and treatment of obesity—have focussed on dietary considerations. Conventional wisdom pointed to excessive eating as the exclusive cause of excess weight. Therefore, treatment was simple: to lose weight, eat less. But the effects of caloric reduction vary from one individual to the next and researchers and other experts have recognized that obesity is a highly complex phenomena.

Now the focus is shifting, moving physical activity to the forefront as a feasible alternative or adjunct to traditional dietary loss treatments. And research is confirming some popular—and comforting—convictions about weight loss. Recent data suggests, for example, that obese people do not necessarily eat more than others...that individuals' metabolic rates—and, therefore,

levels of energy expenditure—vary widely...that age causes the metabolism to slow down...and that moderate exercise can curb appetite.

Clearly, the key to weight loss lies in the delicate balance between energy intake (calories) and energy expenditure (physical activity). But to date, research has been limited and the results of many studies have been contradictory. And, while some studies have uncovered interesting information, the combined findings of recent research suggest the need for a thorough evaluation of the role of exercise in weight control.

Research projects—studying caloric intake, basal metabolic rate (BMR) and body composition—indicate the potential positive effects that exercise can have on weight control.

Studies of the relationship between exercise and caloric intake for example, have destroyed at least one popular misconception. Dieters have long contended that an increase in physical activity results in an increase in appetite and caloric intake. But most studies suggest that moderately increased energy expenditure does not affect caloric intake and that people who have a moderate activity level may actually consume fewer calories than those who exercise more or less.

Unfortunately, comprehen-

sive studies designed to test the immediate and long-term effects of various types, intensity, duration and frequency of exercise must be completed to provide detailed information and allow some more definite conclusions.

Research in the area of basal metabolic rates also sheds favourable light on the role of exercise in the treatment of obesity.

Several studies have suggested that exercise may have desirable effects on the BMR (or resting rate) and, therefore, on energy expenditure. But the question of whether this change in metabolic rate and energy expenditure results in a substantial increase in caloric output is still hotly debated and more research is needed to establish more definite conclusions.

The experts do agree, however, on one point: Given that one pound of fat equals about 3,500 calories, it would take a large amount of exercise to lose a significant amount of weight—if energy expenditure during the activity was the only consideration. But, fortunately, several studies have shown that exercise produces an increase in metabolic rate that outlasts the actual duration of the activity.

But again, the existing research is inadequate. Although this phenomenon was discovered as early as the 1920s

and has been confirmed in more recent studies of activities including football, walking and gym workouts, the findings are not systematic and the optimum intensity, duration, type and frequency of physical activity that would aid in weight loss programs have not been determined.

Other research in this area suggests that exercise may counter the lowering of BMR that is caused by dietary restriction. Future research will concentrate on determining how much exercise might restore dieters' BMR to normal levels, helping to eliminate the "plateau" effect many individuals experience in their

efforts to lose weight.

Data on body composition also offers some hope for dieters and some explanation as to why some people lose weight more easily than others. Research indicates that body fat and lean body mass (LBM) are key factors in the consideration of exercise for weight control. Exercise decreases storage fat rather than LBM (which has been shown to be approximately three times as active metabolically as fat tissue), whereas dietary treatments usually reduce both variables.



Lacrosse action at Hart House

Photo Credit: Janice Pinto

## SEX IS BEAUTIFUL. BUT IT SHOULDN'T INCLUDE UNPLEASANT SURPRISES.

VD is a difficult subject to discuss.

Especially between lovers.

Unfortunately, though, it isn't at all difficult to catch. Sometimes from partners who don't even suspect they have it.

No magic pill can protect you.

But the common-sense condom can.

The condom has long been recognized both as a reliable contraceptive and as the only really effective way to minimize the risk of spreading venereal infection.

Because when you use a condom (however thin and sensitive) both of you are protected.

Condoms aren't hard to find or difficult to buy. In fact, they're available without prescription at drug stores everywhere. So think it over.

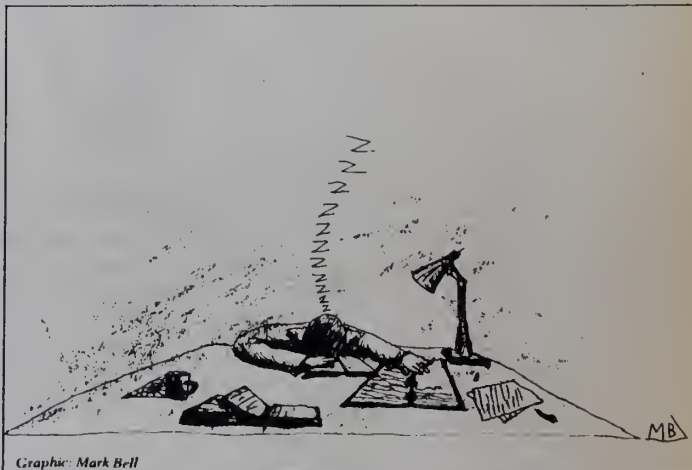
And keep in mind that VD is the surest way in the world to bring a beautiful relationship to an ugly end.

THE COMMONSENSE CONDOM.  
BECAUSE SEX SHOULDN'T BE A WORRY.



Julius Schmid of Canada Ltd.  
Scarborough, Ontario

Staff box—Birthdays come and go, but without help this issue wouldn't get off the ground: Patricia and Carol are looking forward to an early Sunday night, Marilyn can finally wash her hands, Irene, Kelly, Melody, George (buy a new car George!), Lawrence (keep those letters coming!), Trevor (how's the typing coming?), Janice, Tim, Ray, Eduarda and Beverly (CFRE's smiler). Everyone is, of course, now well warmed-up for NEXT week—cookies and milk for all (or whatever you bring in). Stand by for an early Christmas—and thanks! Beeker.



Graphic: Mark Bell

## notices

cont'd from pg. 2

### Jewish Students' Union

Tuesday, 12 noon, South Bldg. rm 3057.

Faculty, staff and students, you're invited for lunch and Jewish Study Group led by Rabbi Itkin of Lubavitch Youth Org. Hamilton. For more info call 828-5369 or Jewish Students' Union 923-9861.

### North Building Book Drop

With financial assistance from the Part-Time Student's Association, a book drop is now available outside Room 158 in the North Building. From September till May, circulating books and journals (excluding short-term "reserve" items) can be returned there, all hours that the building is open (approx. 7:30 a.m. to 9:30 p.m.). Downtown material can be returned here as well.





# Grrrrizzly.

Oh boy, new Grizzly Beer is here, It's a smooth, refreshing-tasting beer we've been selling with such success in the United States.

Here at home, Grizzly Beer comes in a big brown bottle and goes at regular beer prices. Get your paws on some soon.

You can encounter a Grizzly in all your local beer stores. It's one roaring good beer.  
**Grizzly.**  
**A roaring good beer.**



# The Erindale College Student Union

828-5312

## ECSU Presents Airband '84



Wednesday November 28th at 8:00 pm in the Blind Duck. Sign up at ECSU before it is too late.

*Would you like to save on all of your photocopy needs? For just 5¢ a copy you can photocopy anything! Located in the ECSU lounge. Buy a copycard today and save!*

**LaCard**  
This fantastic little item can allow you to save from 5% to 50% at over 550 locations around Toronto. The LaCard Student Discount Card is available in the Meeting Place, outside the North Bldg Caf., and also at the SAC-ECSU info-desk. Deadline is November 29th.

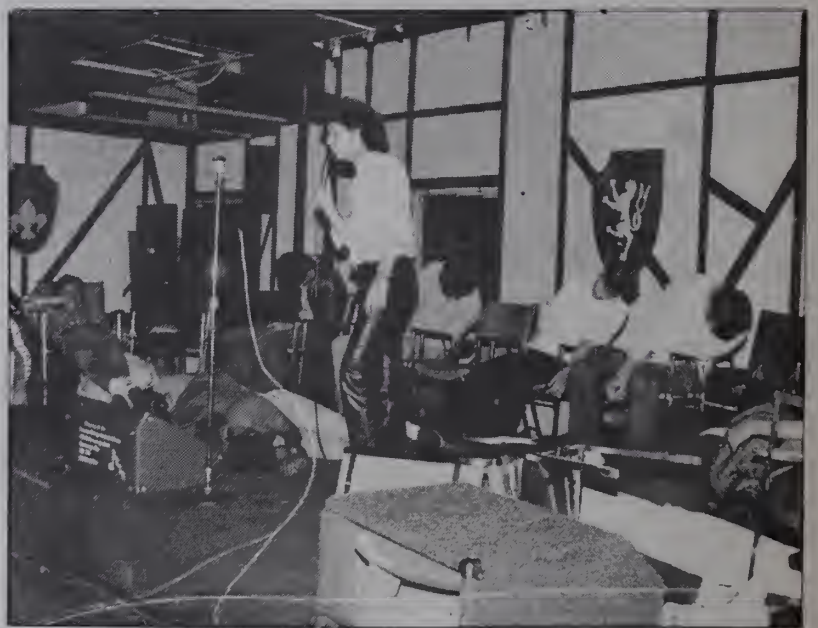
### *ECSU Presents The Student of the Week*

Congratulations to Graham Fletcher for outstanding involvement in the Juggling Workshop. Thanks to Mothers and Yuk Yuks.

*Congratulations to the latest ECSU Button Spotting Winner Tony Turnbull*

*ECSU Presents the Student Involvement Award...\$1000... for outstanding student academic achievement and involvement. Deadline is November 30th 1984. Pick up your application form at ECSU today!!!!!!*

## Mike Mandel



Friday December 7th between 1:00 and 6:00 in the afternoon in the Blind Duck!!!!  
This is presented **free!** To all students.

## Underfunding

Underfunding...Did you know the University of Toronto now has \$24 million of deferred necessary maintenance costs!

On Wednesday November 21st SAC's Underfunding Committee held a conference for high school students. Do you know Underfunding has affected your education.

Get involved...Underfunding concerns you directly!